

Are You Up To The Challenge?

Celebrate National Women's & Men's Health Month

*Care for yourself and respect the ones you love by getting
your yearly health checks and living a healthy life.*

Every Woman Matters (EWM) provides **FREE** or low-cost yearly health exams to women, ages 40 through 64. ***EWM*** offers:

➤ **Yearly health exams for women with little or no health insurance, including:**

- Pelvic exam with a Pap test
- Clinical breast exam
- Mammogram
- Teaching of breast self exam
- Cholesterol check
- Blood pressure check
- Blood sugar (glucose) check

➤ **Personalized information and support for living a healthier life.**

The Nebraska Colon Cancer Screening Program (NCP) provides colon cancer screening education and screening. If you are a man or woman over 50, talk to your doctor about getting screened for colon cancer. Colon cancer is preventable, treatable and beatable. To find out more, log on to: www.StayInTheGameNE.com.

For information about the *Office of Women's and Men's Health* programs, and how to receive free or low-cost health checkups, call **1-800-532-2227.**



*Nebraska Office of
Women's and Men's
Health*

